**WELCOME BACK!**
We hope everyone had the opportunity to find some time to rest and relax over the holidays. Term 4 is always a busy term with lots of enjoyable and exciting activities we can share together. This term we have excursions, incursions, grade 6 graduation, twilight picnic, fun run, Prep transition, and many other fantastic events. It is hard to believe that we are in our final term for the 2018 school year and I am sure it is going to be great!

**LEARNING MAPS – PARENT INFORMATION EVENING**
Brian Annan and Mary Wooton, the developers of Learning Maps will be visiting our school again early next week. They will be working with staff and students to further embed our Learning Maps across the school. On Monday 15th October from 6.30pm we have a parent information evening open to all parents to attend. If you missed the last information evening, this is a great opportunity to attend and hear from the experts about Learning Maps. Mary and Brian will also present new information about how parents and families can support individual students in achieving their change priorities.

**PREP TRANSITION PROGRAM – EYE – EARLY YEARS EVALUATION**
Our Prep transition program starts very soon with a variety of activities planned for our new students including robotics, garden program, story time, classroom and specialist activities. Each year we encourage our new Prep enrolments to complete the EYE – Early Years Evaluation, which provides valuable information on how we can best support each child with starting school. Our EYE parent information evening is being held on Tuesday 23rd October at 6.30pm in the staff room. If you have a Prep child enrolled for next year, we strongly encourage you to attend the evening and book your child in for their individual evaluation session. Please RSVP via the office and we appreciate your understanding if you could make arrangements to not bring children to this evening session.

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**Continued...**
**ACTING PRINCIPAL’S REPORT**

**FREQUENTLY ASKED QUESTIONS (FAQ’s)**

**Q.** If my child is vomiting overnight but says they are feeling better in the morning, should I send them to school?

**A.** It is always good to keep ill children at home for 24 hours after being unwell, especially if gastro symptoms are present as often in the morning they may feel slightly better and then rapidly become unwell at school. We appreciate families being considerate of everyone and if your child is unwell, please keep them at home until they have made a full recovery.

**QUOTABLE QUOTE**

“Tell me and I forget, Teach me and I remember, Involve me and I learn”.

*Benjamin Franklin*

*Sandra McCrum*

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**DIARY DATES**

- **Friday 12th October - 30th November** Grade 5/6 Interschool Summer Sport
- **Monday 15th October** Infinity Learning Maps information evening 6.30pm
- **Tuesday 16th October** Grade 3 Southern Ocean Education incursion
- **Wednesday 17th October** Grade 4 Wildlife Xposure incursion
- **Wednesday 17th October** Grade 5/6 T20 Cricket day
- **Tuesday 23rd October** Early Years Evaluation parent information evening
- **Tuesday 23rd - 31st October** Grade 5/6 Somers School camp
- **Monday 29th - 31st October** Grade 4 camp - CYC Forest Edge
- **Friday 14th December** Twilight Christmas Picnic

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**NOTICES DUE BACK**

- **Monday 15th October** Grade 3 Southern Ocean Education incursion
- **Monday 15th October** Grade 4 Wildlife Xposure
- **Monday 15th October** Grade 5/6 T20 Cricket day
- **Monday 15th October** Infinity Learning Maps information evening
- **Monday 22nd October** EYE parent information evening
- **Monday 22nd October** Scholastic book club orders due online only.

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**HAVE YOU CHANGED YOUR ADDRESS OR PHONE NUMBER?**

Please ensure you let the school office know if you have changed address or updated mobile phones with new numbers. This information alleviates stressful situations for students when they are ill and we cannot contact parents.
SUNSMART REMINDER
Families are reminded that, as our school has SunSmart accreditation our policy requires that children wear a SunSmart hat to school. Students may wear a broad brimmed, bucket or legionnaire’s hat at all times when outdoors from the beginning of September through to the end of April. If a child does not have their hat on whilst playing outside they will be asked to remain playing in a shaded area. We encourage students to apply sunscreen at home before coming to school.

MENTAL HEALTH MONTH 7 OCT - 6 NOV 2018
We all need good mental health to build strong relationships, adapt to change and deal with life challenges. Here are some ideas to promote your child’s mental health and wellbeing.

- Show love, affection and care for your child.
- Show that you are interested in what is happening in your child’s life. Praise their good points and achievements, and value their ideas.
- Enjoy spending time together one-on-one with your child, and also as a family.
- Be there for your child. Encourage your child to talk about feelings with you. It’s important for your child to feel they don’t have to go through things on their own, and that you can work together to find solutions to problems.
- Deal with problems as they arise, rather than letting them build up.
- Maintain a healthy and active lifestyle, including physical activities, a balanced diet and plenty of sleep.

We all need help from time to time. Talk to family members, friends, and other parents. Keep teachers informed if you have any concerns about your child’s wellbeing. If you feel you need more help, speak to your GP or another health professional.

For more information about various community activities organised to promote youth mental health and wellbeing, please click on the link: https://www.mhfa.org.au/CMS/vic-mental-health-month-2018

FUTURES IN MIND
Children and adolescents, like adults, are faced with many challenges in life. Without appropriate support these challenges can become intrusive in their lives and cause significant difficulties which can lead to disengagement from school and family and possibly mental ill health later in life. When our children have learning difficulties we, as parents, turn to their teacher for support. When they have social, emotional and cognitive difficulties, we are often ill-equipped to help them. A Psychologist has the expertise and specific training to assist your child to develop the vital skills to manage these challenges. “Futures in Mind” provide a counselling service at Berwick Lodge. The costs are bulk-billed and covered by Medicare. All you are required to do is visit your child’s General practitioner (GP) and request a referral and Mental Health Care Plan to access this valuable service. Please see your child’s classroom teacher or Angela Maskery for more information and access to this service.

CHESS PROGRAM – MONDAY LUNCHTIME – ALL STUDENTS PREP to GRADE 6 WELCOME TO JOIN
On Monday our chess club started with students enjoying playing a few games and learning new strategies. The program costs $120 per student and if you would like your child to attend, please see the flyer attached. Please log onto the Kids Unlimited link and sign your child up. https://ku.zone/explore

SAVE THE DATE!
The Berwick Lodge Twilight Christmas Family Picnic is on Friday 14th December. We are inviting all families to our Family Twilight Christmas Picnic. This is a celebration of our school year and an opportunity to come together and meet informally with other families and members of our school community. We anticipate this will be a fabulous event and hope that everyone can come along and join in with the celebrations.

Angela Maskery
CHESS CLUB at your school
Building mental muscles

Benefits of Chess Classes
- Problem solving
- Decision making
- Tactician and strategic planning
- Self-confidence
- Self-control
- Visualisation
- Logical and logical thinking
- Memory

Learn New Thinking Skills
Our teaching pedagogy follows three stages during each lesson. First we illustrate a new theoretical concept, strategy, idea or skill. Those skills are then reinforced in a staged environment, and finally students have the opportunity to explore their own creativity and apply what they have learned, with individualised coach feedback.

Classes Starting Soon in Your School!
Do you want to take part?
Go online to http://ku.zone, and find out more about dates and times and costs. Programs are run in the school, but the location may vary depending on room availability. Please enquire at the school office.

HOW TO ENROL
1. Go to our mobile friendly Kids Unlimited Parent Zone at http://ku.zone
2. Search for your school name
3. View details about times, dates, costs and for all programs on offer at your school
4. Continue to enrol your child online

Stay in touch through the ku.zone parent portal - view invoices, update contact details, track your children’s attendance, see lesson discussion points and topics taught each week and even print certificates at the end of each term!

Enrol now: www.ku.zone

Join the Chess Club!
Build friendships as you build mental muscle

“I love chess club because it’s not just playing chess. We learn different ways of playing chess and find out what chess masters do. We also get bragging rights for being the best chess player in the family!”

Thomas, grade 3/4
**BLPS secondhand uniforms**

The secondhand uniform shop is very low in stock for “smaller sizes” of polo tops, jumpers and girls summer dresses in size 4, 6 & 8.

If you would like to donate these to our secondhand uniform shop, they would be greatly appreciated.

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**Scholastic book orders**

Scholastic book club brochures were sent home on Monday 8th October. All orders must be placed online by 4pm on Monday 22nd October 2018.

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**IT'S A GIRL**

A huge congratulations to Miss Perfect (1P) and her husband Dylan on the safe arrival of their beautiful little baby girl. We wish them all the very best.
Berwick Lodge Primary School

Our programs aim to encourage a strong foundation on which to build a full and active life. Physical activity for children has been linked to positive self-esteem, skill development, skeletal and cardiovascular health, and general healthy development. All our qualified instructors encourage opportunities for cognitive, social and emotional development through and during movement activities within all our programs.

To receive the Early Bird Discount, enter the code “Early Bird” to receive 10% off.
Offer ends 1st October 2018, 5pm

Multi SportStars

- Fun sports including basketball, handball as well as frisbee, dodgeball and other fun sporty games
- This program will improve your child’s general coordination levels as well as muscle tone

Day: Friday  
Time: 3:40-4:40pm
Start Date: 19th October  
Finish Date: 7th December
Who: Prep-Grade 4
Cost: $85

SoccerStars

- Introductory soccer skills
- Passing, shooting, heading, ball control, running with the ball and turning.
- Principles of attack, defence, passing, play, 2-1 situations, crossing and finishing.

Day: Friday  
Time: 3:40-4:40pm
Start Date: 19th October  
Finish Date: 7th December
Who: Prep-Grade 4
Cost: $85

DanceStars

- Introduce children to the fundamentals of the dance
- Movement, space and energy.
- No Competitions, no uniforms
- Step to the beat in a number of sequences to learn a choreographed dance routine

Day: Friday  
Time: 3:40-4:40pm
Start Date: 19th October  
Finish Date: 7th December
Who: Prep-Grade 4
Cost: $85

All our sports coaches are Australian Sports Commission Qualified (2 courses min)
All our dance instructors have Dance Teaching & Management Cert. IV Qualifications

ENROL ONLINE:

www.sportystars.com.au

Enquiries info@sportystars.com.au 0422 043 853

Early Bird!!!
COMMUNITY ADVERTISING

Lunar Drive In

115 SOUTH GIPPSLAND HWY, DANDENONG. 9706 9988

Disney Christopher Robin
SEPT 13

Small Foot
SEPT 20

Johnny English Strikes Again
SEPT 20

Goosebumps 2: Horrorland
NOV 1

The House with a Clock in its Walls
COMING SOON

ALL CARLOADS ONLY $25*
EVERY MONDAY, TUESDAY & WEDNESDAY

ALL CARLOADS ONLY $30 PER MOVIE
THURS-SUN

SESSIONS AT WWW.LUNARDRIVEIN.COM.AU

Information correct at time of printing. All dates and films are subject to change.
WELCOME A SLICE OF THE WORLD INTO YOUR HOME IN 2019!

REQUEST A FREE INFO PACK / SMS 'HOST' to 0428 246 633

HOST AN OVERSEAS EXCHANGE STUDENT!

HEAR FROM A HOST MUM

Hosting has been one of the most rewarding and exciting experiences for our family. Romane, our student, was definitely one of the most kind and pleasant people we have met and right from the start was a perfect fit for our family. Being able to share this experience has had a positive effect on all of my young children.

Host mum, Candice.

HOSTING AT A GLANCE:

- Hosting is voluntary
- You choose your student
- Students attend high school full time
- 24/7 support provided
- Host families come from all over the state
- Students come from all over the world and stay for a short term (8-10 weeks), a semester or a year.

MORE INFO: WEP.ORG.AU/HOST